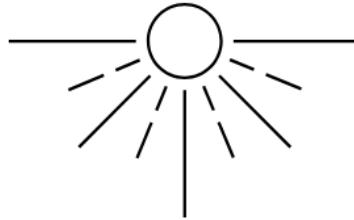




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

Where do I start?

A simple plan for your first conversation about getting help.



Diana S. Rice

Licensed Mental Health Counselor (LMHC)
Certified Integrative Mental Health Professional (CIMHP)
Qualified Supervisor (QS)

LEARN · REFLECT · FIND SUPPORT

[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

The hardest part may be knowing what to do first. You do not have to learn every therapy term before making one phone call.

1 Name the need

Write down what is bringing you here, what you want help with, and what matters to you in a provider. Include practical needs such as cost, language, schedule, disability access, and online or in-person visits.

2 Make a short list

Start with an insurer directory, a community clinic, or a professional directory. Ask whether the provider is accepting clients and can legally serve someone in your location. A directory listing does not promise that the person is a good fit.

3 Use the first meeting to ask questions

Ask about privacy, fees, goals, and how the therapist works. You can say that a question feels too personal or that you need more time. Discuss what support is available between visits.

Research & perspective

Professional guidance emphasizes finding an appropriate provider and discussing treatment options together. There is no single correct starting route for everyone.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 What is the main thing I want help with?

2 Which practical needs could make care easier to access?

3 What would help me feel comfortable asking questions?

One next step

Try this message: "I am looking for support with _____. I live in _____. Are you accepting clients, and what are your fees and next steps?" Keep sensitive details for a secure conversation.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ What do you charge, including missed appointments?
- ☐ What are the limits of confidentiality?
- ☐ How do we decide whether the work is helping?

Listen with curiosity

[Episode 1 - Hear the host's introduction to the purpose of The Holistic Counselor Podcast.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[National Institute of Mental Health: Understanding psychotherapy](#)

[National Alliance on Mental Illness: Finding a mental health professional](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

NEED SUPPORT NOW?

United States and territories: the 988 Suicide & Crisis Lifeline supports people in emotional distress or a suicidal crisis. [Call 988](#) · [Text 988](#) · [Chat online](#)

For immediate danger or a medical emergency in the United States, call 911. Elsewhere, use your local emergency or crisis service. This podcast and its contact form do not provide crisis care.

Reading or downloading this guide does not create a therapist-client relationship. Seek qualified care for your needs. Original writing prepared for The Holistic Counselor Podcast; referenced approaches belong to their creators. Keep credits attached. Do not sell or claim this writing as your own.

[Share the resource library](#) · [Educational disclaimer](#)